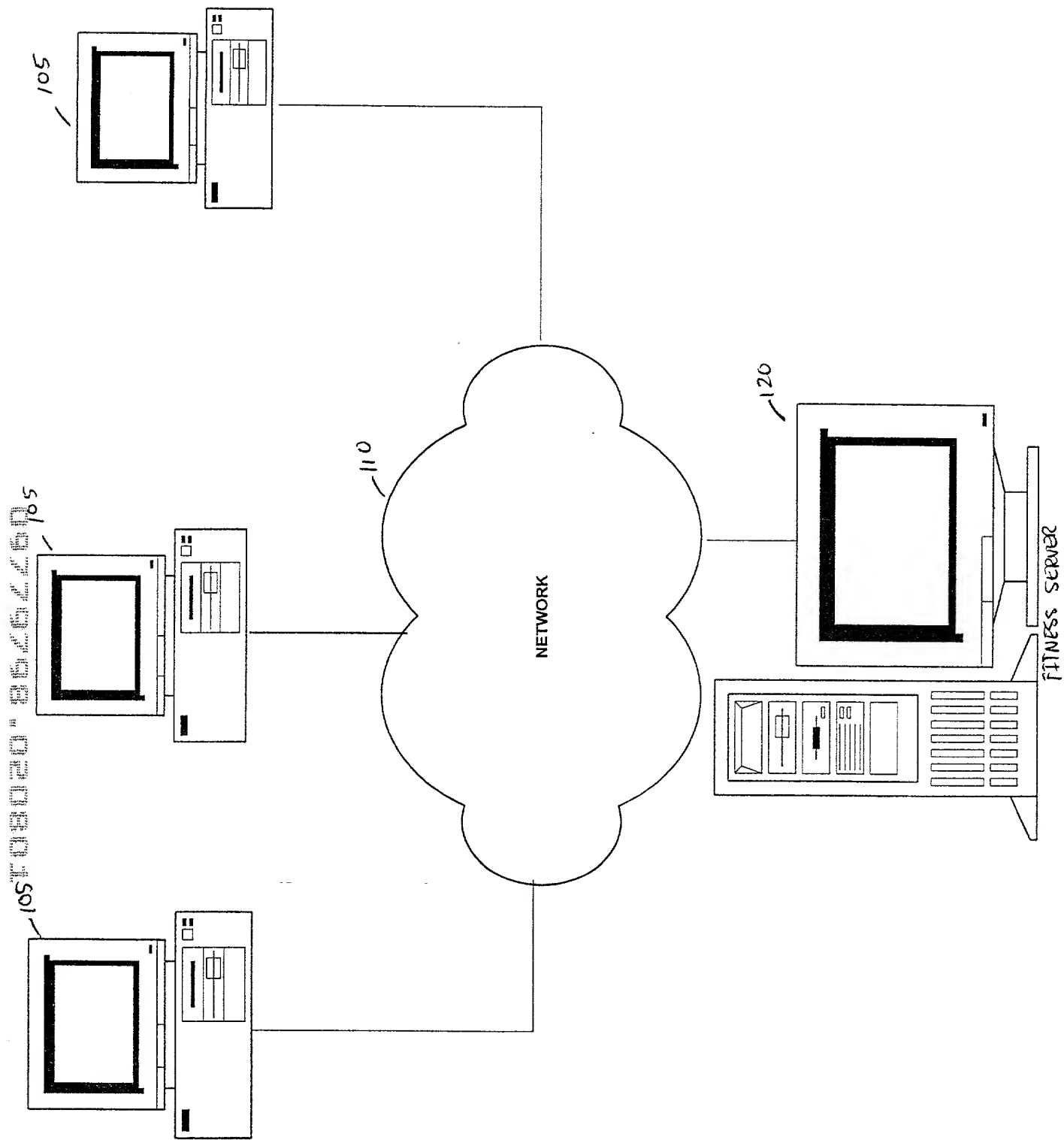


FIGURE 1

100



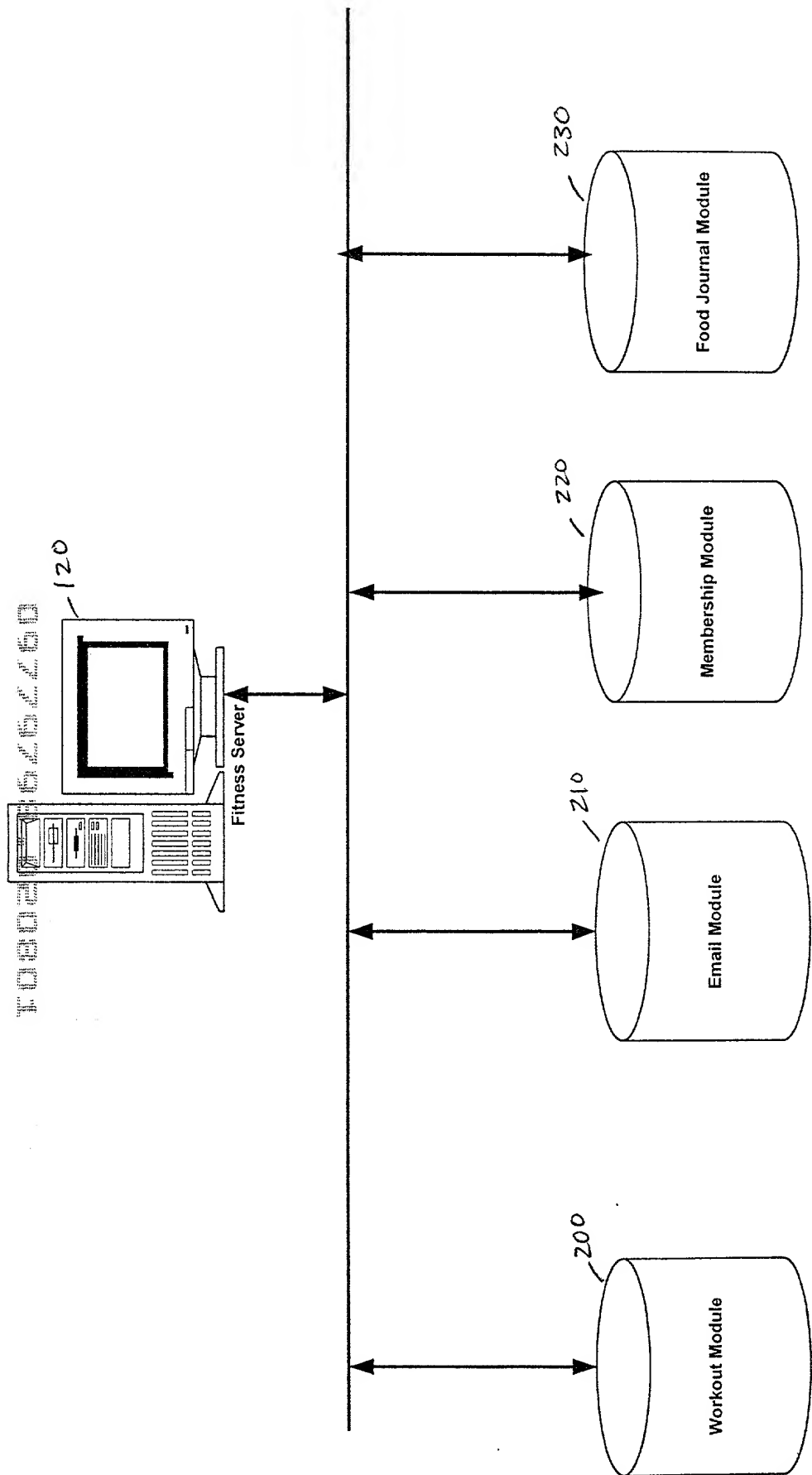


Figure 3

FIG. 3 is a block diagram of a system for providing a workout routine.

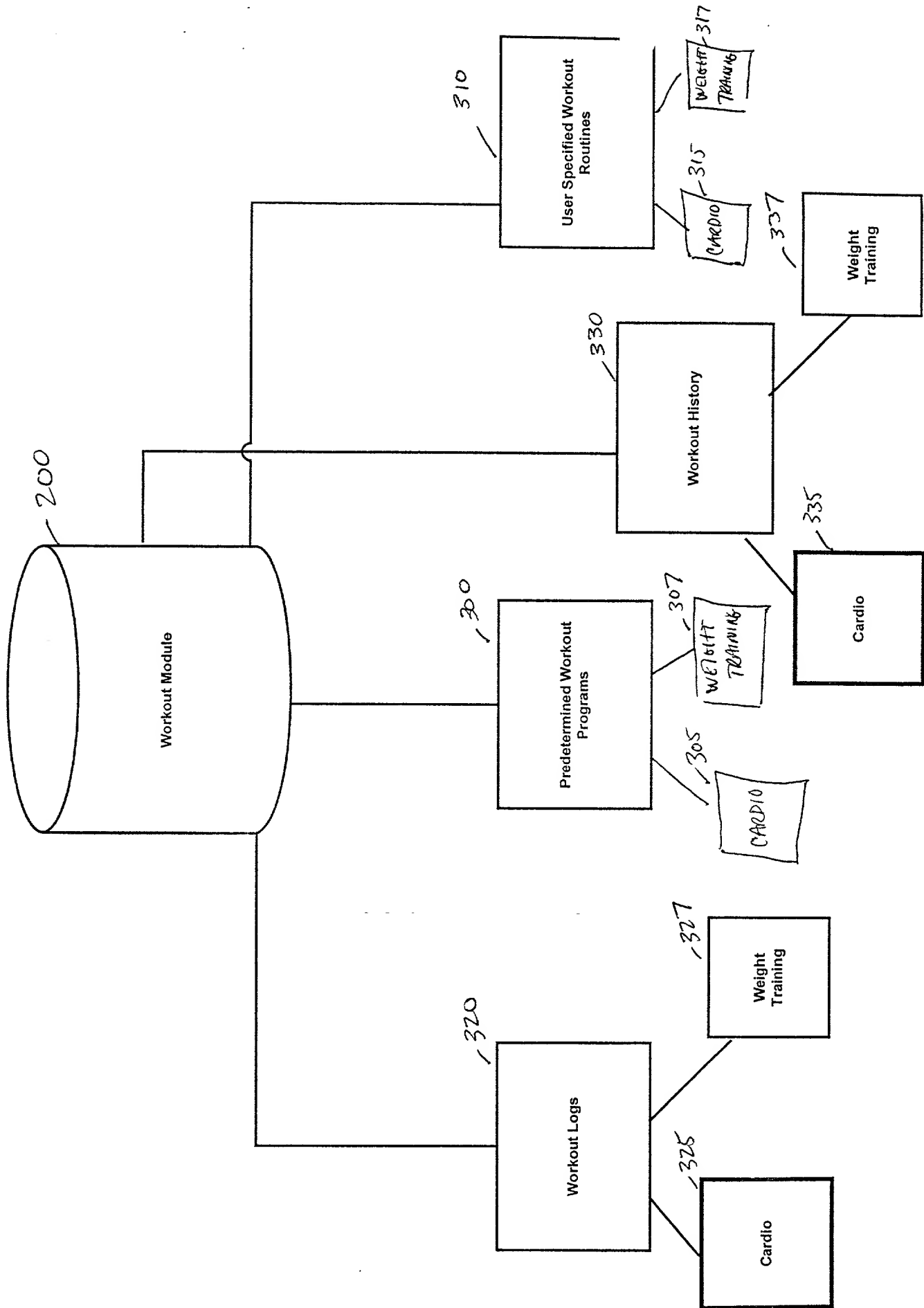


Figure 4

FIG. 4

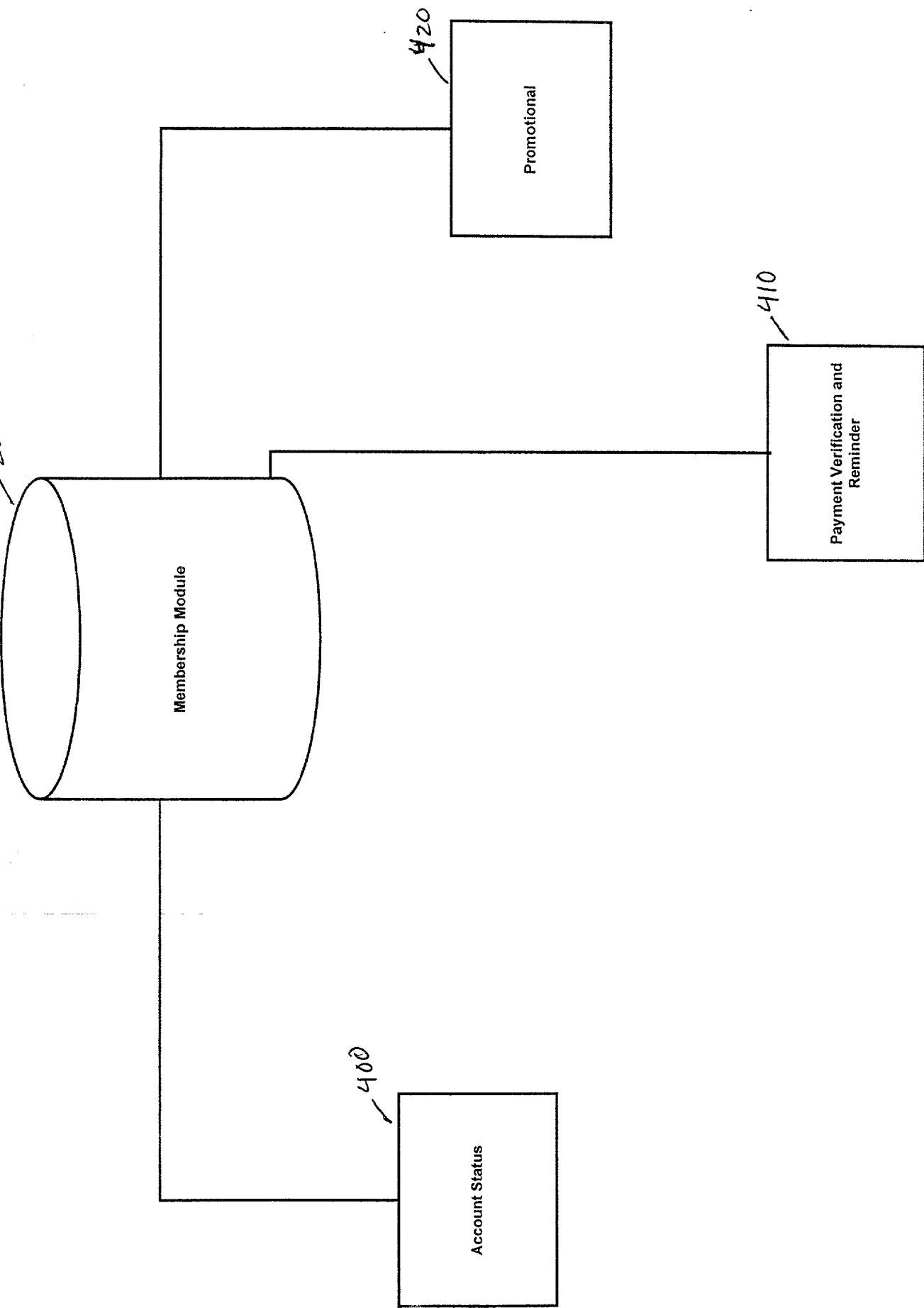


Figure 3

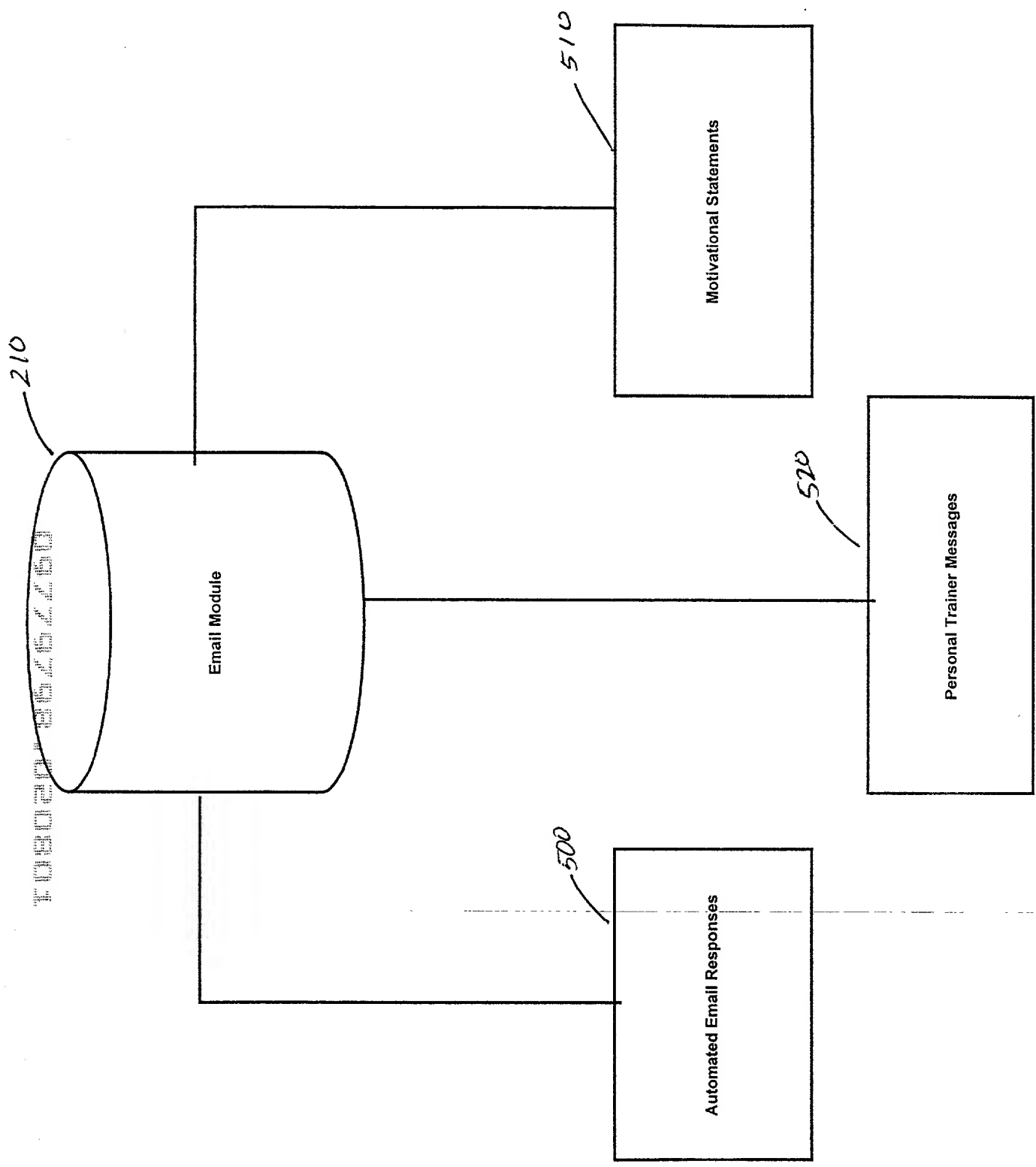


FIGURE 6

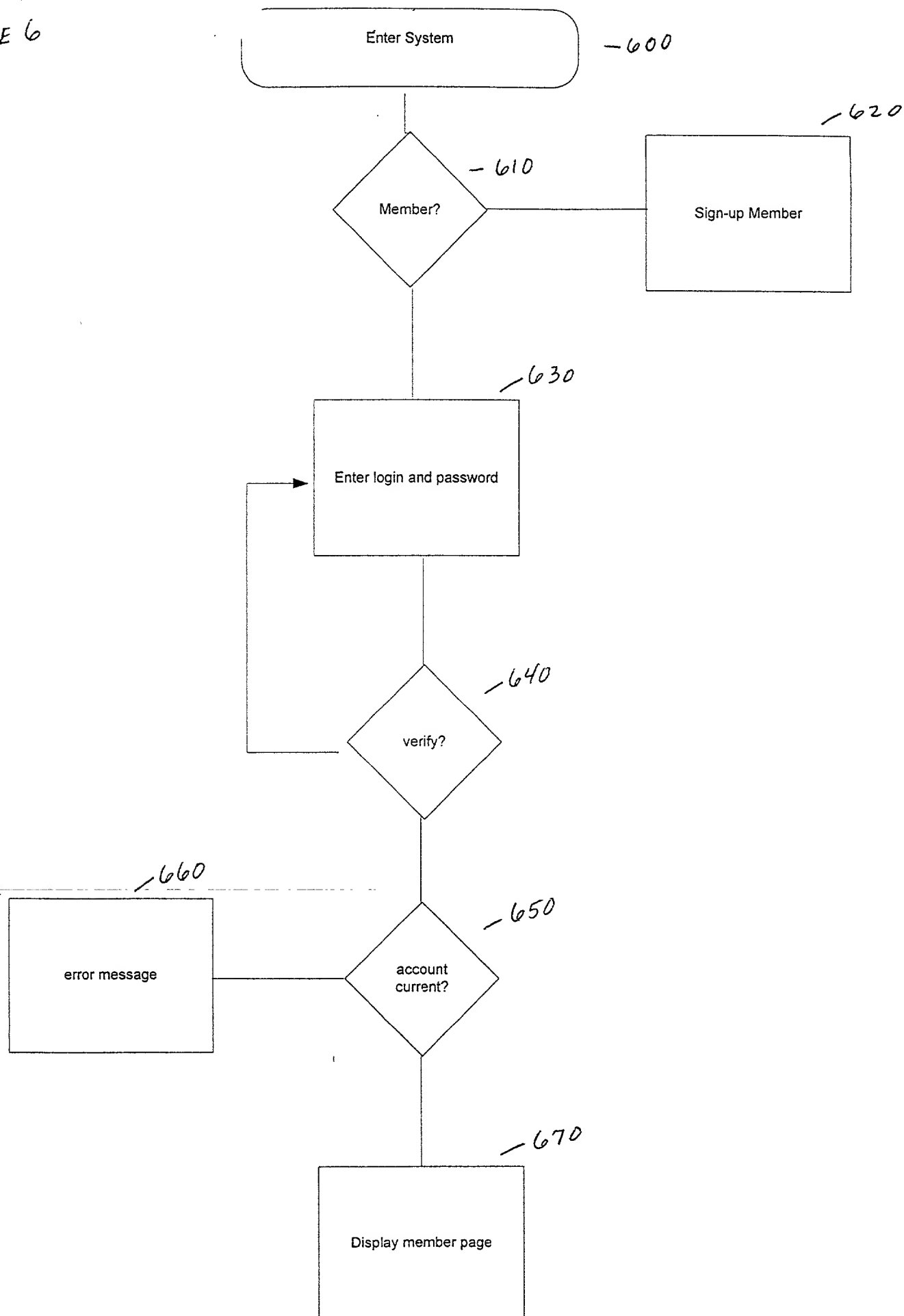


FIGURE 7

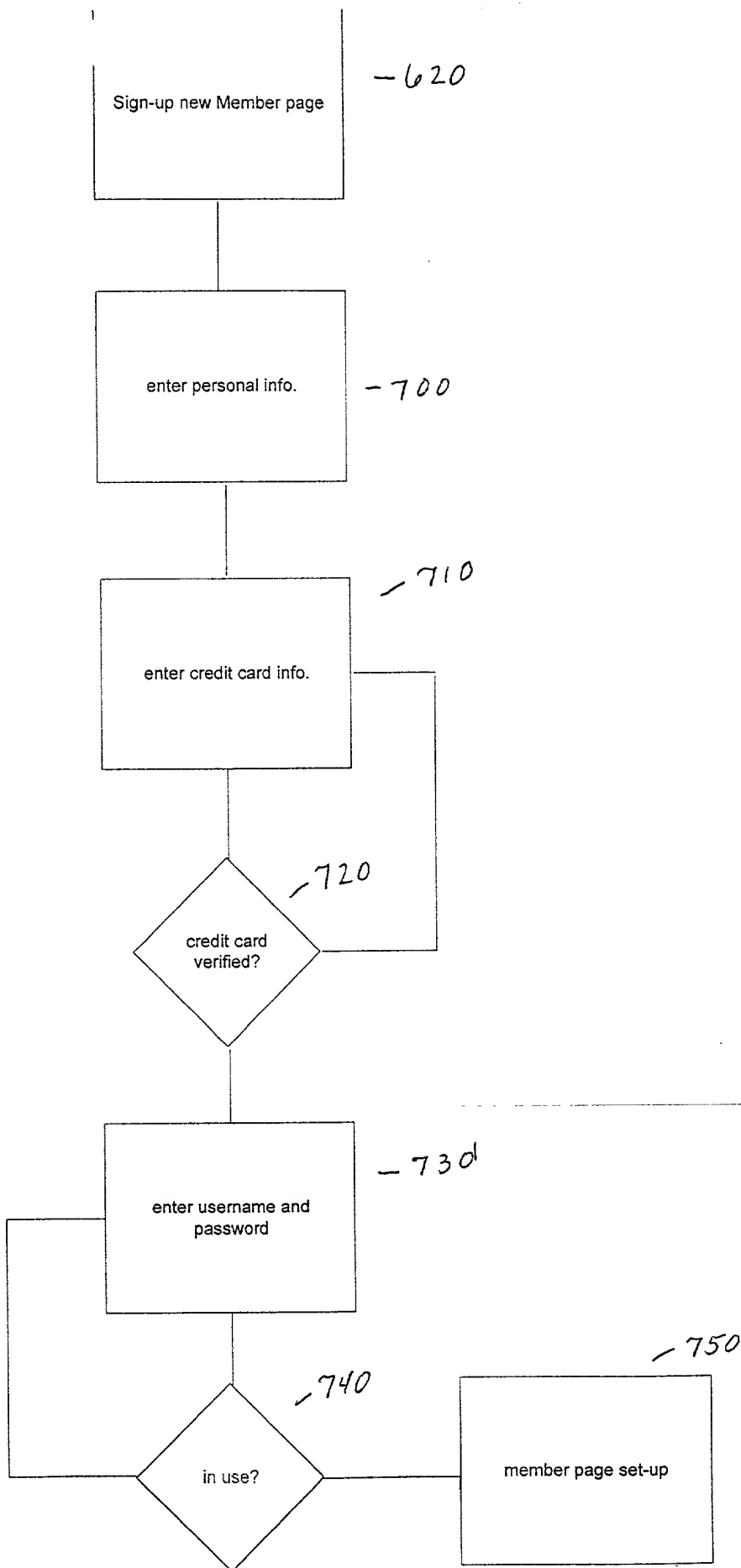
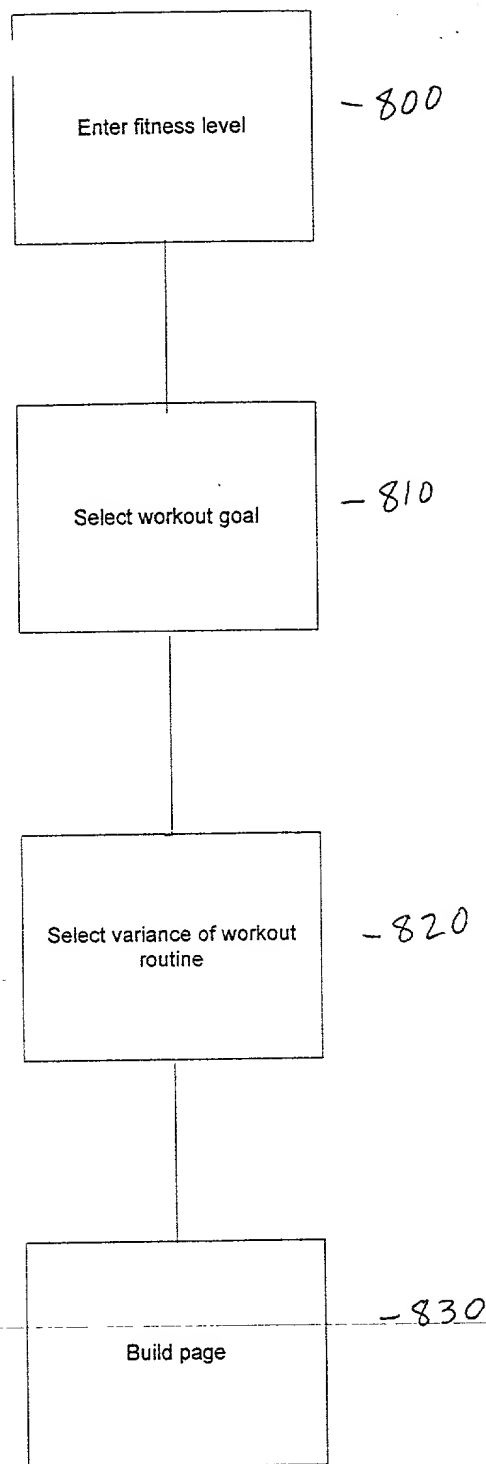


FIGURE 8



09779758-020801

Full Name: _____ Week #: _____

Date: _____ Day: _____ of 84

ID #: _____

Instructions go here - Don will send later

905 910 915 920

Workout Plan 2

Muscle Group	Exercise	Reps	Weight (lbs)	Minutes of Rest Between Sets
Hamstrings (P)	Laying Leg Curl	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Ball Rollouts	exhaustion		0.5
Calves (S)	Seated Calve Raise	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Leg Raises	exhaustion		0.5
Back (P)	Lat pulldowns	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Crunches	exhaustion		0.5
Biceps (S)	Dumbell Seated Curls	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Crunches	exhaustion		0.5

Cardiovascular Workout — 925

Exercise: _____ Speed: _____

Time: _____ Level: _____

Duration: _____ Target Heart Rate: _____

Bleachers/Sprints: _____

List of Exercises: Bike-Bleachers-Elliptical-Sprints-Track-Treadmill-Other: _____

09779798 "030801